




# May



## Pleasant Grove Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Salisbury Steak (05) Potatoes & Gravy (45) Carrots (06) Pears (19) Roll (16)	<b>2</b> Chicken Wrap (18) Pasta Salad (20) Pickle spear (0) Pears (19)	<b>3</b> Lemon Pepper Chicken(10) Potatoes & Gravy (45) Mixed vegetable (12) Jell-o/fruit (15) Roll (15)	<b>4</b> Swedish Meatballs/ Noodles (39) Carrots (06) Peaches (18) Green salad (02) Roll (16)	<b>5</b> Beef Taco Salad (40) Tortilla Chips, Lettuce, Tomato, Cheese, Kidney Beans, Dressing ,salsa, sour cream Mandarin Oranges (15)
<b>8</b> Country Fried Steak (10) Potatoes & Gravy(45) Mixed vegetables (12) Pears (19) Roll (15)	<b>9</b> Lasagna (19) Green beans (02) Garlic Bread (20) Fruit Cocktail (15)	<b>10</b> Creamed chicken/rice (30) California veg (18) Pineapple (10) Roll (16)	<b>11</b> Sloppy Joes/Bun (37) Potato Salad (14) Pork and Beans (20) Mandarin oranges (15)	<b>12</b> Roast Pork (00) Potatoes & Gravy(45) Peas & Carrots (08) Tropical Fruit (15) Roll (15) Fruit Pie
<b>15</b> Sweet & sour chicken with rice (30) Stir Fry vegetable (05) Orange (15) Roll (15)	<b>16</b> Malibu Chicken (08) Au Gratin Potatoes (14) Beets (06) Apple Crisp (67) Roll (16)	<b>17</b> Meatloaf (03) Potatoes & Gravy (16) Corn (14) Orange (22) Roll (15)	<b>18</b> Breakfast Eggs (01) Sausage Patty (00) Biscuits/gravy Banana (15)	<b>19</b> Roast Turkey (00) Potatoes & Gravy(45) California veg (18) Peaches (18) Roll (16)
<b>22</b> Cold Sub (15) Ham & Turkey (00) Potato Chips (14) Green Salad (02) Apple (28)	<b>23</b> Ham and Beans(20) Cooked Cabbage (05) Applesauce (15) Corn bread (15)	<b>24</b> Chicken Pot Pie w/Gravy (14) Biscuit (41) Green Salad (02) Peaches (18) Brownie (23)	<b>25</b> Baked Ham (00) Scalloped Potatoes(13) Beets (06) Mandarin Oranges (15) Roll (16)	<b>26</b> Roast Beef (00) Potatoes & Gravy(45) Peas (05) Tropical Fruit (15) Roll (16)
<b>29</b> 	<b>30</b> Shepherd's pie (79) Carrots (06) Cottage Cheese/Fruit (12) Brownie (23)	<b>31</b> Pork Rib sandwich (02) Hoagie Bun (16) Potato wedges (15) Green Beans (02) Pears (19)	<div style="background-color: #a0c0ff; padding: 5px; text-align: center;"> <b>Donations:</b>  <b>\$3 Seniors \$6 Guest</b>  <b>Call 1 day in advance.</b>  <b>801-785-2818</b> </div>	<i>Low fat milk (12) is provided with each meal</i>  <i>Numbers in parentheses represent carbohydrate count</i>

Menu is subject to change